Chichester HERALD

Friday 9th May 2014
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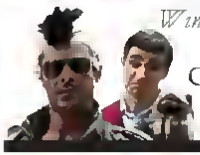

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England boss visits

>> Hodgson takes in Chichester break before World Cup next month

EXCLUSIVE
Dean Adams
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ENGLAND BOSS Roy Hodgson took an overnight break this week – in Chichester.

Mr Hodgson, who is busy finalising his squad for next month's World Cup in Brazil, took in the sights of Chichester, Botham and the Witterings during his visit.

The former Liverpool and Inter Milan manager stayed at the Ship Hotel in Chichester's North Street with his wife, Sheila on Sunday night.

Fans across the country were stunned when 66-year-old Hodgson took the £2million-a-year England hotseat back in 2012 ahead of Harry Redknapp – but they were even more stunned to see him in Chichester at the weekend.

Tony Smith, manager at Dartagnan on Chichester's East Street wasn't actually sure it was him at first. He said: "Owner Matt Horstead said to me, 'That's Roy Hodgson over there, isn't it?' as we couldn't quite believe it at first!

"We watched him walk past Crispin's Cafe towards Carluccio's and then he crossed back over towards us. I said to Matt, 'I'm going to grab him' and see if he will sign some flyers for a charity football match we have coming up in a couple of weeks.

"I walked out and said, 'Excuse me Mr Hodgson, would you mind having a look at these flyers and signing a few for us.' He took a quick look and was more than delighted to come back to the shop to sign them and pose for a photo!'

Mr Hodgson then spent over 10 minutes in the shop discussing the charity football match and what he was doing in Chichester.

Mr Smith added: "Mr Hodgson was here with his wife and was a proper true gentleman – he reminded me of my grandad! He shook my hand well and let his wife in the shop first etc, a lovely man.

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England boss signs flyers at Dartagnan on Chichester's East Street at the weekend

MORE HEADLINES >>

MAN JAILED FOR £1.3 MILLION PONZI' FRAUD Page 7

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HARRY BENTLEY ANNOUNCED AS GOODWOOD RACECOURSE AMBASSADOR FOR 2014 Page 19

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Hodgson takes in Chichester break before World Cup next month

Continued from page 1

"Mr Hodgson said he was staying at the Ship Hotel for the night. They had dinner there and had been for a lovely look around Bosham before taking in a stroll along West Wittering beach. They then did a little shopping in Chichester before Roy was heading to London to watch Crystal Palace versus Liverpool that evening. He said it wasn't his first visit to Chichester and that he likes the city very much."

When Mr Smith asked how Mr Hodgson was feeling ahead of the World Cup next month, the England boss said he was "buzzing" and was "very much looking forward to it".

Since Mr Smith had posted the picture of Hodgson on Dartagnan's Facebook page the status has had over 2000 hits.

Dartagnan is popular amongst the sporting world with former Pompey stars Peter Crouch and Jermaine Defoe having paid visits in the past whilst current Crystal Palace right back Joel Ward and Pompey loanee Danny Hollands are regulars.

Hodgson's stay has put Chichester in the headlines and will have given the city a boost ahead of the summer.

Patrick Burfield, general manager at the Ship Hotel, said "We often have high profile guests staying at the Ship, Mr and Mrs Hodgson attracted huge attention throughout their time with us. They were absolutely charming, loved the hotel and were very happy to have their picture taken with many of our customers."

The flyers Mr Hodgson signed at Dartagnan are for a game that takes place on Sunday, May 18, at Oaklands Park, Chichester Football Club in aid of Give 4 Beth. Kick off is at 2pm and there will be a raffle and an auction. Give 4 Beth was originally founded to help four year old Bethany Chiddle undergo a life-changing operation to help her walk. Since raising the money for this the Bognor Regis-based charity has continued going from strength to strength and now funds many projects in the area. Players taking part include Dartagnan duo Tony Smith and Matt Horstead as well as Chichester Herald owner, Dean Adams.

Visit www.facebook.com/Give4BETH for more information.

Roy Hodgson poses for a photo at the Ship Hotel, North Street, Chichester

Dave hangs up his whistle and cards

CHICHESTER CITY Centre Police officer and Football League Referee Dave Phillips has retired from the Professional Game as a National List Referee.

His last game was the League 1 match on Saturday at Brentford Football Club as they played Stevenage in front of a sell-out crowd. Griffin Park celebrating Brentford's promotion to the Championship for the first time in 22 years.

Dave started refereeing in January 1981 aged 14 years 5 months whilst still playing. He progressed through local Sussex football before gaining promotion to Assistant Referee on the Football League in 2003/04 season before gaining a further promotion to National List Referee in 2008/09 seasons.

During Dave's 11 seasons within the Professional Game he has officiated in 324 matches in the Football League, Premier League and FA Cup of which 183 matches have been as a Referee travelling all over the country.

Dave will never forget his first match as a Football League Referee. It started ironically at Griffin Park, Brentford v Grimsby on Saturday 10 August 2008 with 4000 spectators and so fitting that he should end it at the same ground on such a memorable day.

Dave is to continue with his work in refereeing as The FA National Level 4 Referee Development Co-ordinator and Coach for the South East as well as Sussex FA Referee Coach & Tutor. He is also hoping he can use his experience in the professional game giving advice to Football League Match officials on match days by becoming a National List Referee Assessor with the PGMO next season 2014/15.

Anorak Corner

Interesting snippets of information about Chichester

According to the last Census taken in 2001, Chichester had a population of 23,731

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THE CENTRE IS CURRENTLY CLOSED TO CUT PRICES AND COMPLETE ALL SALE PREPARATIONS

Tweets of the Week

All tweets are from Chichester people or about the area (some tweets may contain errors) **Let us know what you think @Chiherald**

@sarahfmatthews
Beautiful views from #TheTrundle this am. Good run sets me up for a busy day at work #Chichester http://twtpic.com/e3Sexf

@PeterMLittle
@Swallowsgliding Heard first Swifts screeching though the sky today. Couldn't see them as driving. Ant unmistakable #Chichester

@L2RChichester
Thank you to @jafish_chi for joining the Chichester Cycle Challenge. What a wonderful place you are

@SFA_Fire_Alarms
Support the Charity fun day in Oaklands Park, Chichester 31st May in aid of St Wilfrid's Hospice. SFA have donated a raffle prize @STWHChi

@nightwriteruk
Within no more than 5 mins of entering @TheWhiteCompany Chichester pounced on by 3 staff. There's 'helpful' & then there's 'stalking'

@TKunde
Subway is coming to #Chichester! At last! BMT in my faaaaaceeeee.#lunchsorted

@Bass_Shillan
Off to Chichester again today. This time to buy a giraffe (and look at vinyl)!

@woodland_crafts
Getting ready for our Chichester Garden Show City Centre 9-5/30 Prid & Sat. 10-5pm Sun. Everything for the Garden-pic twitter.com/mh3rFR3ZiR

@charleemaay
Two weeks ago I went to Fuerteventura. When I got home my skin was the same. This weekend me been to Bognor Regis & now I look like rudolph

@DrMichaelMosley
On a train heading to Bognor Regis to make a film for new series of Trust Me. Looking into autumn. D. Bognor apparently sunniest place in UK

When did a good story begin with 'I was sitting enjoying a salad...'

NIGEL FARAGE

Hooray in one respect for UKIP and Nigel Farage. Whatever else he is bringing a refreshing hint of selective honesty to politics.

GREAT QUOTE

Loved it when Eamon Holmes asked Farage "So you're not standing in Newark. Have you bottled it?" Farage deadpanned one word. Yup.

Journalists work so hard on their Paxman-like kneecap questions. It's great when they are denied the awkward waffle which they mistake for victory.

IDEA

The football association is planning to start a new league for the "B" teams of the top clubs. Hang on, isn't this what we used to call streaming?

UKIPPERS

Many of the people who support UKIP are folk yet to make their mark in life. People tend to blame others when they don't realise their dreams. It starts at school where they are informed they fall short of top of the class.

"A" BOARD COMMON SENSE

The Bell Inn Tuesday: "Alcohol. Because when did a good story begin with 'I was sitting enjoying a salad...'"

OPINION CLUSTERS

I've always been interested in why people tend to adopt opinions in clusters. People who think there council is hopeless are usually a) in favour of capital punishment and tougher prisons; b) anti-Europe, and anti-immigration; c) mad keen we should keep the Falklands. Yet there seems no obvious link. Similarly people who like all the majority of their teachers seem to be a) supporters of the NHS and b) pro-abortion and euthanasia and c) pro Europe. Fascinating.

EUROPE AND SPORT

As a sport lover, the Ryder Cup is an example of what Europe can do. Also I find myself wanting Barcelona to beat the South American team in the world club championship.

EUROPE AND THE ELITE

It's partly an elitist thing to be pro Europe. A "European" hints that he knows wine and opera and has visited Paris, but not Tarremolinos. A typical UK citizen who could take advantage of Europe is white collar: a company exec; a lecturer. Europe will never work until you get into a taxi in a former Soviet Republic and the driver turns out to be a bloke from Bognor who decided to make a better life for his family.

REFUSE COLLECTION

Whenever we break a glass we wrap it in loads of newspaper before binning it. Is this practice out of date?

EMIGRATION AND UKIP

If UKIP fail to get us out of Europe the diehards have a problem; should they emigrate? They can't really go to Spain not with all those losers already there. Falklands perhaps?

US EXAMPLE

In the USA fear of government is rife. Rednecks build hilltop survival enclaves and get their families weapon-trained. Thankfully Mr and Mrs UKIP are too sensible to head for the Quantocks with their tin opener.

CELEBRITY UKIPPERS

Des Lynam, Joan Collins, Tim Rice, Jon Gaunt, Rustie Lee and Geoff Boycott (source: Huffington Post). Average age higher than average IQ? Oh and Patrick Moore. I wonder if he's campaigning against letting too many people in wherever he is now!

THE THING IS

Lefties and sociology lecturers are frightened of UKIP people. Better they should grant them the right to their fears and try to understand them. Believing in your country is an extension of family loyalty for some people and economic facts and high-minded principles don't matter as much.

SOVIET JOKE

Why must there be a man in charge of three men on a Russian walking holiday? One to read the map and two to guard the dangerous intellectual.

Contact Tommy: ✉ *tommy.boyd@chichesterherald.co.uk*
Follow Tommy on @*TheTommyBoyd*

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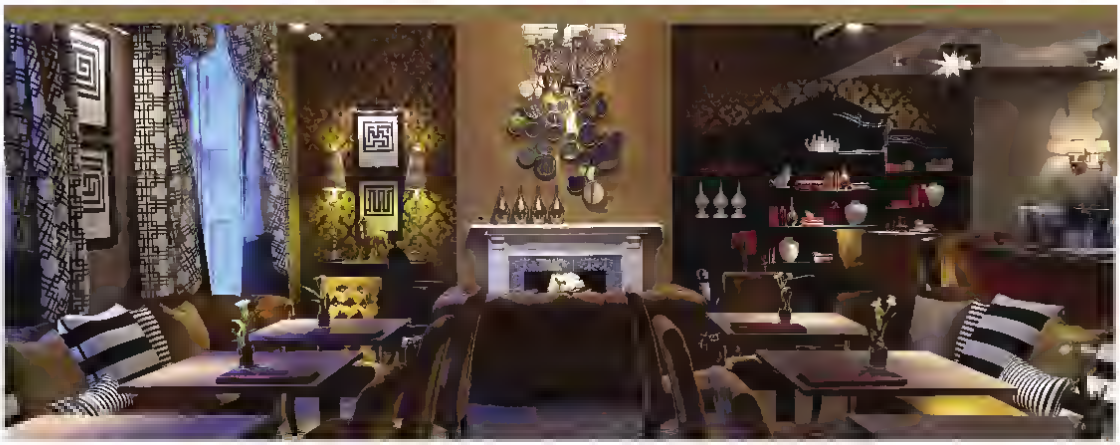

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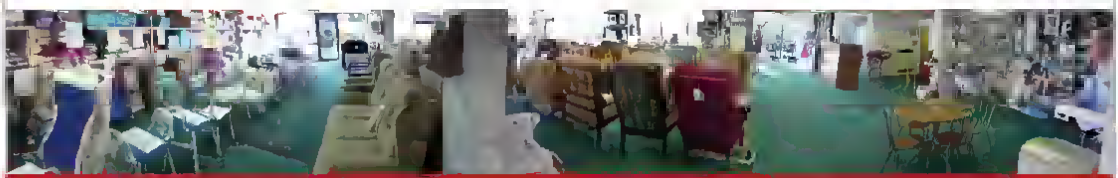

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Man jailed for £1.3 million 'Ponzi' fraud

Nicholas Peter Ford was sentenced to five years and four months

A MAN has appeared at Chichester Crown Court pleading guilty to fraud by false accounting, by stealing some £1.3 million of investments he obtained from 18 members whilst running a spread betting syndicate between 2010 and 2011.

Nicholas Peter Ford, 39, of Schubertstrasse, Zurich, was sentenced to five years and four months imprisonment on Thursday 1 May.

The prosecution, authorised by the Crown Prosecution Service, followed an investigation by the Major Fraud Unit of Sussex Police.

Detective Sergeant Sally Smith said: "This was what is known as a 'Ponzi' style fraud. In essence Ford took in £1.3 million from private investors, and paid out to them just £245,000. The money paid out was just to lure investors back into making even more investments. The majority if not all the money was lost in gambling, and he actually started gambling with investments two days after the first investment was made.

"Ford has had different addresses in the UK as well as in Switzerland, but was using a family address in Chichester when he was first reported to the police.

"He had previously worked for a legitimate investment company based in Surrey, and started this scam when he became self employed, having been made redundant. His previous employers in innocence helped him to compile his client list and their image has suffered severe damage as a result of Ford's crimes.

"He then received investments from professional investors including one lady who lost her £20,000 life savings, and also brings up her disabled child as a one-parent family. Ford was supposed to be her friend.

"We are now preparing a case for confiscation of any remaining assets he may still have, under the Proceeds of Crime Act (POCA) and that hearing is currently due to take place at the same court on 15 July. The amounts involved have yet to be confirmed."

The 18 sets of victims come from across the UK but none were living in Sussex.

Two people charged with burglaries

TWO suspected burglars have been charged with breaking into homes in Bognor Regis within days of the crimes being committed.

A man and a woman have been charged with tricking an 89-year-old woman in Merry End, Bognor Regis, into letting them into her home on 20 April so that they could steal from her.

James Beaney, 37, and Marisha Donegan, 29, both of Gravits Lane, Bognor Regis, have been charged with burglary over that incident.

They have also been charged with smashing a window to try to break into the home of a pensioner in Middleton Road, Bognor Regis, on 20 April.

Both have been ordered to appear at Chichester Crown Court on 10 May.

Both suspects were arrested as part of Operation Magpie, the force's crackdown on burglars across the county.

Detective Chief Inspector Paul Betts said: "The speed with which these two suspects have been identified, arrested, questioned and charged shows our determination to tackle burglary in Sussex.

"Our officers are working hard every day to try to reduce the number of burglaries and solve those that do occur as quickly as possible.

"The quicker we can find those responsible and have them brought to justice, the safer our communities will feel."

Witnesses sought to Bognor robbery

POLICE investigating a robbery in an alleyway between The Square and Market Close, Bognor Regis, are appealing for anyone who saw what happened or who has other relevant information to come forward.

At about 3.30pm on Sunday, 27 April an 18-year old man was walking home after buying tobacco at a local shop when he heard voices behind him. Two youths assaulted him and stole his tobacco.

Two boys, one aged 10 and one aged 14, have been arrested on suspicion of robbery, questioned and released on bail until 2 June while enquiries continue.

Anyone able to help should phone Sussex Police on 101 or email 101@sussex.pnn.police.uk, quoting serial 831 of 27/4. Alternatively, they can call the independent charity Crimestoppers free and anonymously on 0800 555 111.

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Waste planning authorities adopt West Sussex Waste Local Plan

WEST SUSSEX County Council and South Downs National Park Authority have formally adopted the West Sussex Waste Local Plan.

The decision means the Plan is now part of the statutory Development Plan for West Sussex and will be used as the basis for all planning decisions relating to waste development in the plan area.

It sets out a vision to 2031 and seeks to provide sufficient capacity for waste management whilst ensuring that communities, the environment, the economy and the special character of West Sussex are protected.

It allocates five sites that could be used for future waste management facilities and one site for non inert landfill in West Sussex.

The Plan was subject to an Examination in Public by a planning inspector last July who deemed the Plan to be sound, except for some modifications that were considered necessary to clarify the intentions of the Authorities and to clarify how the Plan and its policies will work.

Peter Montyn, West Sussex County Council's Cabinet Member for Highways and Transport, said: "We believe the Plan will ensure that waste is managed in a way that ensures the unique character of West Sussex is protected."

South Downs National Park Authority Planning Committee Chairman Andrew Shaxson said: "National Parks have the highest status of protection in relation to landscape and scenic beauty and we are working closely in partnership with West Sussex County Council to safeguard the special landscapes, wildlife and communities of this part of the South Downs."

The adopted Waste Local Plan, the Adoption Statement, and the Sustainability Appraisal are available for viewing on www.westsussex.gov.uk/mwdf or at the main deposit point locations and opening times listed below.

- West Sussex County Council offices, County Hall West Street, Chichester, PO10 1RQ (Mon Thurs 08 30am-5 00pm, Fri 08 30am 4 30pm)
- South Downs National Park offices, Rosemary's Parlour, North Street, Midhurst, GU29 9SB (Mon Thurs 9am 5pm, Fri 9am-4.30pm (Please ring in advance 01730 811759)
- Adur District Council Reception, Civic Centre, Ham Road, Shoreham-by-Sea, BN43 6PR (Mon Fri 9am-5pm)
- Arun District Council Reception, Arun Civic Centre, Mal travers Road, Littlehampton, BN 17 5LF (Mon Thurs 8:45am 5:15pm, Fri 8 45am 4 45pm)
- Chichester District Council Reception, East Pallant House, 1 East Pallant, Chichester, PO19 1TY (Mon Thurs 8:45am 5:10pm, Fri 8:45am-5pm)
- Crawley Borough Council Reception, Town Hall, The Boulevard, Crawley, RH10 1UZ (Mon Fri 8 30am 5pm)
- Horsham District Council Reception, Park North, North Street, Horsham, RH12 1RL (Mon Thurs 8 45am 5:20pm, Fri 8:45am-4.20pm)
- Mid Sussex District Council Planning Reception, Oaklands, Oaklands Road, Haywards Heath, RH10 1SS (Mon-Thurs 8:45am 5:15pm, Fri 8:45am 4 15pm)
- Worthing Library & Help Point, Richmond Road, Worthing, BN11 1HD (Mon Fri 9 00am 7 00pm Sat 9 00am 5:00pm)

Think Family project showing real results in West Sussex

A SCHEME designed to help vulnerable families change their lives for the better is now more than half way towards its target say West Sussex County Council.

The Think Family programme is the local version of the Government's Troubled Families programme which aims to turn around the lives of hard to help' families.

The County Council has released new figures this week which show how many families are being helped and how many have met the government's set criteria for being 'turned around'.

- 1,197 families have been identified as being eligible for the programme.
- 639 families have so far been turned around.
- Think Family has a target of turning around the lives of 1,105 families by the end of March 2015.

Figures compiled in February and issued this week by the Department for Communities and Local Government show 436 families have been 'turned around' in West Sussex. That figure has now risen to 639, which is 55 per cent of the full target of 1,165.

Peter Evans, West Sussex County Council Cabinet Member for Children – Start of Life, said: "Once a family's circumstances are verified, they will be referred to one of our Key Workers who will work intensively with them for 0-18 months, depending on need, to help improve life in the family.

"This could cover a range of issues, from getting children back into school, issues around crime and anti-social behaviour, or helping adults make progress into employment. Nurturing the family's parenting skills and ensuring that children can develop safely and happily will always be paramount.

"Transforming the lives of 630 families is a splendid achievement in itself, but we should not forget the wider benefits of this programme. Children back at school, parents returning to work and harmonious homes are good for the economy and for society as a whole. It means that scarce public sector resources can be targeted more efficiently."

Think Family covers the whole of West Sussex and is being delivered jointly with district and borough councils and other local and commissioned services.

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FREESTYLE BEDROOMS

Students present exhibition to enormous acclaim

PEOPLE OF THE WORLD is a series of images taken by Midhurst Rother College students while on College expeditions run by the company True Adventure. Oliver van Zwanenberg and Sam Massey-Steel's aim to bring the people and cultures of Tanzania and Nepal alive within our community was easily fulfilled. Guests at both the preview on Friday 25 April and open morning on the 26th were astounded by the high level of creativity and professionalism on show in the transformed Drama Studio space – So much so that nearly 65% of the pictures were sold at the preview.

The impressive collection of some 4 works attracted sponsors from the Midhurst National Association of Decorative and Fine Art, the Market Square Garage, Petworth, Zwanenberg Technical Services and McDonald Oates, Solicitors, alongside the extensive support from the company True Adventure and the College itself.

MRC's Head of Photography, Mr Nour-Eddine El Ghouman, said: "The photography talents of both Oliver and Sam have been outstanding since they began their studies in Year 10. They have consistently produced A* work from the outset, it has been very exciting watching them develop their individual styles and undoubted talents. Their work is exceptional with a particular eye for choosing the perfect subject matter, creative lighting and outstanding post processing. They both now produce works of art that would be impossible to tell apart from that of top professionals."

Accolades received from visitors were non-stop. Chairman of True Adventure, Mike Trueman was thrilled to be able to purchase several images. "The images are extraordinary. Each one takes me back to the sights, sounds and smells of the wonderful places we have visited. This work is one of the best records I have ever seen of our expeditions."

Mrs Katherine Davis of Midhurst's Café Verdi Midhurst was thrilled to be able to secure her favourite photographs and have invited the students to display others on her premises.

The Principal of MRC, Dr Joe Vitaghano, is delighted at the event's success. "This was an exciting moment; 'People of the World' is the first exhibition of student photography to be held in our new building and brings together the work of two gifted A Level photographers. Whilst the images of Nepal and Tanzania are very much Sam and Oliver's unique 'take' on these places, they also capture the richness of experience that we hope comes from the trips offered to students in their time at Midhurst Rother College – international travel is very much part of the MRC Experience'."

During the exhibition True Adventure celebrated the work carried out by our students on community projects abroad and introduced the next for MRC which, in the summer of 2015, will take a party of Year 11 and Sixth Formers to the area of Ladakh in India.

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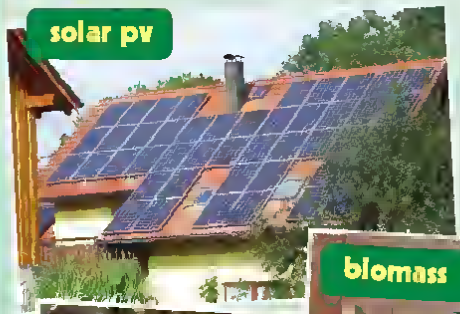

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Travels without my aunt in Europe

Allis Moss

On the Case

We've pulled in at Aachen station just into Germany after leaving Belgium and I can hear the rain splashing down on the platform. I fall to discussing with my companion what could happen.

"I want to go to the loo," I say, "I'll just be five minutes." After five minutes have passed, when I still haven't come back, my friend shakes his head. No matter that earlier, when they made the final call at St Pancras to board our train with only minutes to go, I had to poke my head round the door of the Gents where I found him in front of a mirror doing his hair. We are on a journey that started with Eurostar, taking the slow route to Vienna. Now, after 10 minutes, he looks at his watch, grunts, shakes his head. "What on earth is she doing?" he mutters, thinking that, like the passenger I once saw clipping her toenails under the Channel, I am performing aspects of my toilette that I didn't have time for this morning. After 15 minutes, he starts to panic, checking the nearest toilet to the restaurant car we have been sitting in, then the carriage beyond, then the whole train, but he can't see me anywhere. The train arrives at Cologne, people get out. He tries to shout across to the jovial ticket collector with whom I shared a joke earlier about hiding in the loo while he was checking tickets and the man replied that they had methods for dealing with people like me. Now he wonders if they have employed them.

The platform has been swamped with English speakers including a Scot in a kilt whom we saw being briskly frisked at the security check in earlier. My companion gets off the train, distractedly aware of the rain beyond the canopy where he's the only one walking without purpose, and grabs the shoulder of another guard. Together they check again, walking the length and breadth of the train, searching each carriage and every toilet, with my friend having to pull my case and his own. But he is forced to accept that I have gone. Snatched. Taken. In a bewildering parody of Frantic when I, too, am on my way, like Harrison Ford's character was, to a conference.

A finger taps him on the shoulder, and in reality it is only five minutes after I left for the loo. "That's what could have happened," I say, sitting down again. I've always loved the film Frantic.

A Ferris wheel in Vienna

I am staying on in Vienna after the conference to do a piece for Radio 4's From Our Own Correspondent. My great grandfather, Lazarus, shared his surname Guelph with one of the great aristocratic families of the city, but probably worked as a humble leather merchant at one of the two areas where there were tanneries. One was in a back street, the other away from the heart of the city near the Danube Canal because of the smell of curing the leather.

Exploring there, I see it's not far from the famous Ferris wheel, still with its original cabins, that featured in the classic film noir The Third Man – the bit where Orson Welles as Harry Lime rendezvous with Joseph Cotton's author Holly Martins.

Ich liebe dich – I love you

On the way back, we change trains in Cologne with time enough to walk over a bridge across the Rhine where the inner spine is festooned on both sides with tiny locks of all kinds and colours, like a strange harvest, covering the entire length of the span. Each lock is inscribed. Elena loves Wilfried. Mike heart Sara 2011. Declarations of love by men for women, and vice versa and both for each other, as well as friends. The oldest one I find is 1973. Some have ribbons or a baby's name and dummy to show the fruit of the relationship. There are bicycle chains secured in the shape of hearts, even one in Chinese. Of the thousands of lockets, how many are still together, I can't help wondering.

Frantic

In Brussels, we are catching the last train like all the other Brits who've come over to buy lace, lager or go on a chocolate and waffle shop crawl for the Bank Holiday weekend. There is just time for a breath of air away from the station where a cairn, broad boulevard beckons. But, just as I'm anticipating a stroll past gabled roofed shops and cafes thick with people-watchers, panic interrupts. I allowed my travelling companion to look after one ticket only during the entire trip, the one with the barcode that will open the locker with our suitcases in at Brussels station. A frantic 10 minutes later we have to go back, in case someone finds the ticket that must have been dropped when a mobile call was answered and helps themselves.

And finally

Needless to say, the last pair aboard the final train is, you've guessed it, us. "Don't worry," says the station official, opening the locker up after I have written a list of all our things out for him so he can check they really are ours. "It happens every day."

Contact Allis. ✉ allis.moss@chichesterherald.co.uk

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Super dog presses alarm when owner falls ill

A SUPER DOG from Chichester is helping his owner by pressing a lifeline button that connects to Chichester District Council's Careline service, when she falls ill.

Tricia O'Brien (52) has Multiple Sclerosis, a neurological condition, which affects around 100,000 people in the UK.

Due to her condition, Tricia was lucky enough to be given a dog from Canine Partners, an organisation based near Midhurst that trains dogs to provide practical assistance with tasks that may be difficult, painful or impossible to perform.

Barclay the dog, not only empties the washing machine, helps with the shopping and takes his owner's shoes, coat and gloves off; but he can now also press a button which connects him to Chichester Careline, if Tricia cannot raise the alarm herself.

After collapsing and even experiencing periods where she goes blind, Chichester Careline offered to install a panic button for Tricia at a height that Barclay could reach. The lifeline unit means that Tricia can access help 24 hours a day, every day of the year. Following the installation of the unit, Canine Partners trained Barclay to press the alarm when Tricia feels unwell.

"Because I fall a lot, Barclay has tuned into me and he knows when I start to feel unwell or unsteady. Now that he has been trained to press the alarm button that connects to Chichester Careline, it has given me even more reassurance that I always have access to help when I need it.

"I once woke up blind and tried to find my mobile and was pressing any number for help. Thankfully, I got through to my friend, but it made me realise I needed further support.

"I found out about Chichester Careline through Chichester District Council's magazine 'initiatives'. The service is fantastic. My mother and father passed away a long time ago, but I wish they'd had the opportunity to access a service like this. It would have made such a difference. I keep telling other people about the service and many of them are now using it."

Tricia has also now started using the service's 'Mindme' device, which will locate her wherever she is and enable her to talk to Chichester Careline if she feels unwell when she is out and about.

"Having both devices, plus the invaluable support from Barclay, has given my son so much more reassurance. He obviously worries about me, but having this level of support, allows me to live safely and independently and continue with my Foundation Art and Design Degree at West Dean College."

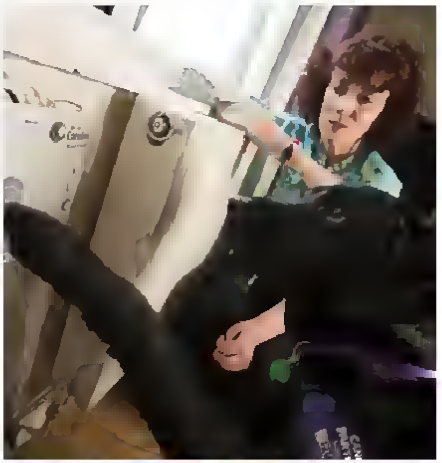
"Barclay is the best present I have ever been given, and I would not be without him," Tricia adds.

'Barclay is truly a super dog,' says Cllr Eileen Lintill, Cabinet Member for Wellbeing and Community Services at Chichester District Council.

"Our staff at Chichester Careline already consider him their mascot and are always ready to listen out for his bark. By combining the support Tricia receives from Barclay with our Chichester Careline service means that Tricia and her family can feel reassured that she always has the support she needs.

"We would also like to recognise the amazing work that Canine Partners do – not only within our area where they are based, but also across the country. They really are changing lives through the support they deliver."

Chichester Careline has been operating for nearly 30 years and it is run by Chichester District Council. Operators are highly trained and have excellent knowledge of the area. In order to help even more people to access the service, they are currently offering a free three month trial on their lifeline unit. Terms and conditions apply. To find out more, please contact Chichester Careline on 01243 778688 or visit www.chichestercareline.org.



Barclay the super dog, with his owner Tricia O'Brien

Hanging baskets at Tawny Nurseries

Now is the time to start making hanging baskets. It is still a little early to put your basket outside as it will benefit from being kept in a warm light place for a few weeks more.

Baskets come in many shapes and sizes from the traditional wire, or wicker to plastic hanging pots.

Liners for baskets are also varied from pre-cut recycled wool to a preformed coconut liner.

Next is the compost, you can buy bags of ready mixed compost with feed and swell gel to feed and add extra water retaining to your basket. The compost, feed and water retaining can be purchased separately.

For a wire basket add a small amount of compost then gently push the plants through from the inside out, one in every other hole. Add more compost and another ring of plants. Fill to the top with remaining compost and plant the top with a central plant and eight to ten other trailing plants.

Water and hang up in a greenhouse. Your basket will quickly begin to form an all-around flower display.

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Closing date Tuesday 13 May. A winner will be announced on Wednesday 14 May 2014 by telephone call. Entry details may be kept on file.

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National News

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News in Brief

- A hospital worker rated patients' bodies as they lay unconscious in theatre, a tribunal has found. Leo Stamp graded genitals and breasts and made lewd comments at Stoke Mandeville Hospital in Buckinghamshire. The operating department practitioner, who was dismissed in 2012, also made sexual comments to staff and fell asleep while on shift, the Health and Care Professions Council (HCPC) heard. An HCPC panel struck off Mr Stamp from the register. He had worked for the hospital trust for 26 years, with his misconduct spanning from May 2009 to May 2012.

- Former Co-op Bank boss Paul Flowers has pleaded guilty to drug possession, at Leeds Magistrates' Court. Flowers, 63, was arrested last November after newspaper allegations he had been involved in a drug deal. The suspended Methodist minister had stepped down from the Co-op six months earlier over concerns about expenses. He was fined £400 and ordered to pay £125 in costs after pleading guilty to charges of possessing cocaine, methamphetamine and ketamine.

- UK supermarket chain Sainsbury's has reported a rise in annual profits but warned of "challenging" times ahead. Pre-tax profit for the year to 15 March rose by 10.3% to £603m. However, like-for-like sales, which strip out trading at new stores, excluding fuel, rose by just 0.2%. The firm said it had maintained market share in a «tough retail environment». The big four supermarkets are being challenged by low cost rivals including Aldi and Lidl. The big four have responded by cutting prices in an attempt to stem the loss of customers to the low-cost chains.

- A 77-year-old man died when his car was struck by a tram at a level crossing in North Yorkshire, British Transport Police have said. The crash happened at about 09.15am on Wednesday at Ivy Lea rail crossing in Scampston, near Malton. No passengers are reported to have been injured but the tram driver is being treated for shock, police said.

- Support for the UK Independence Party will fall after this month's European elections but by a much smaller margin than it has in the past, research by the British Election Study suggests. Its study concludes that almost 60% of people planning to vote for UKIP in this month's elections also intend to do so at the 2015 general election. The equivalent figure in 2009 was 25%. The study predicts that UKIP will attract 11% of the total vote in the general election, up from 3.1% in 2010. UKIP has said it hopes to top the 22 May polls for the European Parliament for the first time.

Excavation work set to begin

POLICE investigating Madeleine McCann's disappearance say "activity" is expected to begin in Portugal soon.

The disclosure comes amid reports Portuguese authorities have given permission for sites in Praia da Luz, where the toddler went missing, to be searched.

Met Police Assistant Commissioner Mark Rowley said he would be unable to provide details of the activity.

But he said he believed it would occur "in the coming weeks".

A letter was sent to media editors amid speculation about excavation work. Mr Rowley asked them to "think carefully" about information they published.

Madeleine was three when she went missing from a holiday apartment in Praia da Luz, Algarve, in May 2007.

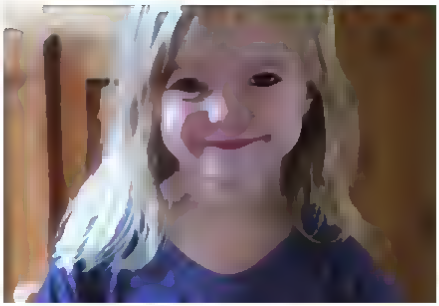
A request to search a number of sites was among a series of requests made to police in Portugal by British detectives working on the case, according to reports.

Mr Rowley said he had discussed the case with his opposite number in Portugal and highlighted the "high levels of interest" the activity would generate in the British media.

He said Portuguese police did not provide the media with updates on ongoing investigations.

Activity would cease if police in Britain gave out information or news reporters caused any disruption to their work in Portugal, he added.

Mr Rowley said the Portuguese authorities had been "more bureaucratic and slower" at processing requests than his team had wished.



Madeleine has been missing since 2007

But he asked the media to respect their requests as they carried out the work.

"We do not want to undermine our prospects of providing Mr and Mrs McCann with answers in this tragic case," he said.

It comes after the seventh anniversary of Madeleine's disappearance was marked on Saturday.

Care agencies 'must ensure recruits can speak English'

AGENCIES should ensure people recruited as carers can speak English before placing them in vulnerable people's homes, a government adviser has said.

Dr Shereen Hussein, scientific adviser to the Department of Health, said that poor language skills could lead to bad care and abuse.

King's College London says that 20% of carers are migrant workers.

Care minister Norman Lamb said communication skills would be required for the new Care Certificate.

The brother of one dementia sufferer said his carers struggled to communicate.

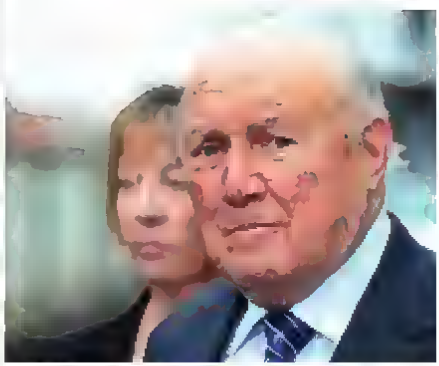
Phil, whose full name we have withheld, has a 62-year-old brother with a severe form of dementia. He employed carers for 18 months to oversee the care of his brother, but grew frustrated with the quality of the staff.

He said the situation grew so problematic he took the decision to put his brother in a care home.

"The dynamic between the carers and a frightened man who was suffering with dementia didn't work most of the time," he said. "Almost all the carers were from overseas, mainly from Poland.

"I found some of them exceptionally difficult to understand, which meant my brother, in his condition, was never going to understand them and the reaction from him was to hide or get slightly violent."

Stuart Hall 'groomed impressionable teenage girls'



EX-BROADCASTER Stuart Hall groomed "impressionable" girls to satisfy his sexual desires, a court has heard.

Mr Hall, 84, is accused of raping and indecently assaulting two victims on various occasions in the late 1970s.

At his Preston Crown Court trial, he denies 20 allegations in total. He has admitted one count of indecent assault.

Last year, Mr Hall, from Wilmslow, Cheshire, was jailed for 14 offences of indecent assault against 13 girls. His sentence was extended to 30 months.

Peter Wright QC, opening the case for the prosecution, said the two girls' families knew Mr Hall and he "abused their trust".

"These were young impressionable teenagers being groomed by a sexual predator into satisfying his sexual requirements," he said.

"He took advantage of the influence he had over them and their continued silence. But now all these years later their silence has been broken and they are prepared to reveal publicly what happened to them at the hands of this man all those years ago."

The trial is estimated to last seven days.

Chichester Business

Unsociable Media?

Kylee Charles discusses the idea of a digital detox

There are now 1.28 billion registered Facebook users and over 2.55 million tweeting worldwide. Accounts are in daily and often hourly use, providing a window in to the lives of those we are connected to; many whom we have come to believe are friends.

One shocking statistic is that over 80% of us reach for our mobile phones to check the Facebook newsfeed when we first wake, before grabbing a shower or kissing our loved ones good morning. It's therefore no wonder that we are starting to see a digital detox trend emerging, encouraging many of us to switch off and part with our smart phones, ipads and laptops as often as we can, and talk face-to-face with friends and family.

Last month, a new Banksy artwork appeared in Bristol. The piece called 'Mobile Lovers' depicts a couple embracing whilst checking their mobile phones. With many of the mysterious artists' pieces, there's controversy surrounding the subject, with some believing the male within the piece is Tony Blair – but political assumptions aside, the artwork's a visual reality check that slaps my conscience in to shape.

As regular user of social media, in particular Facebook and Twitter for personal and business reasons, the thought of living without either seems quite incomparable. Since creating my profiles, I have formed a number of relationships (all be them virtual) with people who I wouldn't normally talk to. I'm not ashamed to say either that it makes me feel happy when I receive appreciation, support or comments in response to news I share about either persona. Social media for business, depending on what the product or service is, can be a really powerful marketing tool. If one of my favourite retailers shares photos of a new clothing line or the local restaurant I follow posts its new menu, it certainly helps whet my appetite for a purchase.

Similarly, the platforms offer my own business the ability to reach many virally, and for very little cost. However, I often underestimate how much time is required to manage these social networking sites. For instance, one comment on a photo can lead to a dozen notifications and addictive dipping in and out until Facebook fatigue strikes.

It was whilst wasting time reading my newsfeed at the weekend that I stumbled across a YouTube video many were posting – and all without comment. 'Look Up' had been viewed over 14 million times when I watched it. For five minutes, the thought provoking footage narrates the lives of many, highlighting how we have become reliant on social media to interact. The hard-hitting viral made me stop and think about how unsociable we have become and how the simple acts of engaging with each other are often too much effort.

I 'like' the idea of a life retox through a digital detox and encourage you to watch 'Look Up' and take note where you can.

Maybe you think you have your work/ life balance in check already – but like me, possibly after watching it you'll decide to make a few changes.

Do you run a business in Chichester? Then share news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column. e: Kylee@MindeeyeManagement.Com @MindeeyeMgmt

Fight back against fraudsters

RESIDENTS across West Sussex are being urged to fight back against fraudsters as Scams Awareness Month officially launches this week with a focus on online swindles.

West Sussex County Council's Trading Standards Service is supporting the national month long initiative and is warning people to be on their guard and look out for others who might fall victim to scammers.

New research from the Citizens Advice Bureaux has concluded that fraudsters are "picking the pockets" of up to four million people each year.

Fraud offences in England and Wales rose by 25% in 2013, compared to the previous year, with 207,252 cases reported to Action Fraud.

Moreover, new national figures show that Citizens Advice has calculated that up to four million people could be conned each year as many scams go unreported.

West Sussex Trading Standards will look at phone scams, mail hoaxes and doorstep fraud during this month.

Lionel Barnard, West Sussex County Council Cabinet Member for Residents' Services, which includes Trading Standards, said: "It's so important that we raise awareness of scammers who prey on the most vulnerable members of our society, whether through the post, via the phone, over the Internet, email or a knock on the door.

"Scammers employ very clever and persuasive tactics to snare their victims so it's vital residents are made aware and are advised who they can contact to report a scam or for help if they are a victim of a scam."

Online shopping and auction scams was the biggest single fraud type with almost 40,000 recorded cases nationally last year and WSCC Trading Standards has advised that non-secure websites asking for financial details should be treated with the utmost caution.

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If you would like further information please feel free to telephone the school on the above number and ask to speak to June Bunyan Business Manager

Closing date Thursday 22nd May 2014 @ 12 noon

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Calling time on 'nine-to-five or nothing' culture

THERE ARE THOUSANDS of talented people in Sussex with professional skills and experience who want to work on a flexible, part-time basis. There are many local companies who would love to employ experienced people but can't afford, or don't need, someone full time.

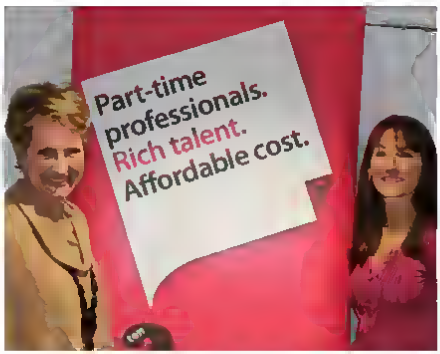
From 14 May, 2014, friends Emma Cleary and Laurie Smith will be launching Ten2Two with the intention of uniting these two groups, enabling businesses in Sussex to find affordable, talented and committed employees living just around the corner.

"We believe there is a huge waste of talent and skills out there – thousands of mums returning to work as well as dads and carers," says Emma, 45. "They want to work but because a traditional, nine-to-five job doesn't fit in with their family or other priorities, they can't find anything.

"Many people have told us they've tried to get a job that uses their professional skills and experience through traditional recruitment agencies, career centres or online but haven't succeeded because there is no room for flexibility. It's nine-to-five or nothing.

"I have three children and I searched for two years for a job that would fit around their school hours. That's why Laurie and I are setting up Ten2Two, to provide flexible part time work for professionals."

At Ten2Two, interested candidates register, upload a CV and become part of an exclusive group of like-minded professionals.



"We will help our members review their CV, bolster their confidence and get them ready for interview through free workshops and networking," says Emma. "We offer a bespoke service, with many of our jobs coming via word-of-mouth – these jobs won't have been posted anywhere else. What's more, we will only deliver members' CVs to prospective employers if they are the right candidate for the job.

The beauty of this model is that it benefits both sides. Candidates feel safe and secure about stepping back into the workplace. Local employers receive CVs from professionally-experienced candidates who want to work flexibly, are super capable and who will over-achieve and over deliver because they are focused on the job in hand and have a fixed number of hours in which to achieve it.

"At Ten2Two we'll use our experience to help our clients every step of the way, from marketing their roles to our candidate members to managing the screening and selection process, saving them lots of time and ensuring they get the right person," adds Emma.

"With the upswing in the economy, employers have told us they are ready to take on more staff but not necessarily on a full time basis. Ten2Two's goal is to help them solve the problem."

To find out more, log onto www.ten2two.org or email emma@ten2two.org or laurie@ten2two.org

Rathbones confirms two senior appointments in Chichester

RATHBONE INVESTMENT MANAGEMENT (Rathbones) has confirmed the appointment of Martin Vanstone as investment director and Steven Haines as assistant investment manager to Rathbones' Chichester office. Both join from Investec Wealth & Investment's Guildford office. Haines' appointment is with immediate effect, Vanstone will assume his role over the coming months.

Martin Vanstone has worked in financial services for over 35 years. His first role was within Lloyds Bank's Executor and Trustee Department before joining the team responsible for setting up the bank's investment management service. He joined Williams de Broe (which was acquired by Evolution Plc in 2006 and subsequently Investec Wealth & Investment in 2011) in 2004 to manage client portfolios, undertaking research and forming part of the Asset Allocation and Investment Committee. At Investec Wealth & Investment, Vanstone led a team of seven. Steven Haines, who joins with Martin, was an integral part of this team playing a key role in delivering significant growth in assets under management. Martin and Steven will report to Greg Mahon, Rathbones' regional director for Chichester.

Commenting on these appointments, Greg Mahon, regional director, Rathbone Investment Management said: "Rathbones' success is determined by the people it attracts. We have grown considerably over the years both organically and through acquisition and now employ 209 investment professionals. Nonetheless, we continue to focus on maintaining a culture where providing investment services aligned to client needs delivered through a close one-to-one relationship is central to what we do. Martin and Steven share this increasingly rare focus and will draw on their experience in client portfolio management to complement our ambitious teams in Chichester."

Harry Bentley announced as Goodwood Racecourse Ambassador for 2014

GOODWOOD RACECOURSE has announced Harry Bentley as the new ambassador for the 2014 season. Bentley, who grew up locally to Goodwood Racecourse in Sullington just outside of Storrington, is one of the leading young jockeys in the UK who has already achieved a number of wins domestically and internationally.

Bentley has spent the first three months of the year riding for Ismail Mohammed's Millennium Stables during the Dubai International Carnival. Since returning to the UK for the start of the flat season, Bentley is retained second jockey to His Highness Sheikh Fahad Al Thani, retained rider to trainer Olly Steven's Robins Farm and first retained jockey to Ahmed Al Shaikh.

January this year proved very successful for Bentley internationally when he achieved a six timer on a nine card race in Doha. Bentley is set to also ride in his first Classic when partnered with Lightning Thunder in the 1,000 Guineas next month for trainer Olly Stevens.

Harry Bentley, ambassador for Goodwood Racecourse, said: "With Goodwood being one of my local tracks, it is a real honour to be their ambassador for the 2014 season. Glorious Goodwood in particular is one of my favourite racing festivals during the flat season in the UK and I am really looking forward to working with and representing the racecourse."

The new season began at Goodwood Racecourse on Saturday, 3rd May.

Back2Health open new chiropractic clinic in Emsworth

BACK2HEALTH will be opening a new chiropractic clinic in Emsworth at the end of May. A Chichester resident, chiropractor Philippa McKernan is heading up the new clinic and comments: "We are very excited about the grand opening in Emsworth in a few weeks' time and look forward to opening our doors to the local community."

Philippa has previously worked in the Midhurst and Waterlooville Back2Health clinics and has built a strong local reputation. With Emsworth's growing business and local community, Philippa recognised the need to offer residents a new chiropractic clinic providing the award winning care that Back2Health is recognised for.

Philippa has a keen interest in research and evidence based practice, and enjoys conducting research as part of her clinical work. In addition to developing her practice, she has also studied for and achieved a Postgraduate Certificate of Professional Development in Chiropractic. Philippa was the recipient of the Royal College of Chiropractor's 2012/2013 Heale Award for Outstanding Post Graduate Training Candidate. She graduated from the Welsh Institute of Chiropractic in 2012 with a Master of Chiropractic degree, and the Royal College of Chiropractor's sponsored prize for Best Research. Linking her work and hobby, Philippa has developed a particular interest in the biomechanics of horse and rider and has put this knowledge into practice by delivering focused treatment to professional polo players. She has also undertaken postgraduate training in treating babies, infants and school aged children.

To launch the clinic, Philippa will be hosting a welcome event and inviting local business owners and CPs to find out more about the services on offer. Sahir Zak Kara of enVisage Dentist in Emsworth comments: "Having worked with Philippa for some time now, we are delighted that Back2Health will be based on our doorstep. Our clients who have been cared for by her always tell us about their positive experience and her results in relieving pain speak for themselves."

Back2Health is a partnership of chiropractors, physiotherapists and osteopaths established twenty years ago in Petersfield and have 12 clinics that cover the South of England from Alton to Southampton and are growing organically with demand in the area. All their chiropractors and osteopaths are registered with the General Chiropractic or Osteopathic Councils and their chiropractors are all members of the British Chiropractic Association.

Philippa's research has recently been internationally recognised, in collaboration with colleague Jonathan Field to help produce a study that was accepted for presentation at the European Chiropractors Union Convention this month. The study sought to determine the results of care for over 2,880 Back2Health patients with an outstanding 95% reporting Back2Health exceeded their expectations, and 99.7% were satisfied with the level of care they received.

The clinic will be opening on 20th May at 97 Havant Road, Emsworth, Hampshire, PO10 7LF and will be open Tuesdays 3PM – 7PM and Fridays 9AM – 1PM. To find out more or to make an appointment please call 07903 455139 or email emsworth@b2h.co.uk.

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Arts & Entertainment

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Now showing at Cineworld Chichester

Film review: Bad Neighbours

Bad Neighbours (15)
Running time: 97 mins
Director: Nicholas Stoller
Starring: Zac Efron, Rose Byrne, Seth Rogen

★★★★☆

Seth Rogen and Rose Byrne star in this comedy from the director of 'Forgetting Sarah Marshall' as a happy, thirtysomething couple with a kid. They move into a new house, only to discover that a fun loving fraternity – presided over by a swaggering Zac Efron – are moving in next door. The couple fluctuate between grumbling and cringey attempts to be down with the kids. It's not long before the resentment escalates into full-on war.

After a shaky start, 'Bad Neighbours' blossoms, with inspired visual gags in excellent poor taste. That it never feels too dark is largely down to the sweetness of Rogen and Byrne. There's a winning chemistry between them, and their predicament riffs neatly on the challenge of leaving youth behind. But the real star of the show is Efron, who relishes his chance to shine as a borderline-psychotic party boy.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. Zac Efron starred as Troy Bolton in which Disney movie?

A. ENCHANTED

B. HIGH SCHOOL MUSICAL

C. BEDTIME STORIES

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 13th May 2014 at midday. The winner will be notified later on that day. Last weeks winner was Patricia Dry from Chichester. Chichester Herald competition terms and conditions apply.

cineworld **Cineworld Chichester**
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Have a go at sailing as West Sussex prepares to 'push the boat out'

NEXT WEEKEND people across West Sussex have the chance to 'have a go' at sailing and windsurfing as the county's sailing clubs and watersports centres open their doors for national RYA Push the Boat Out weekend on 17-18 May.

Whether you're completely new to the sport or looking to get back on the water after a break away, at least seven West Sussex clubs are running free Open Days or discounted taster sessions to encourage people to give sailing, and in some cases windsurfing too, a try for Push The Boat Out.

Chichester YC, Dell Quay SC, Bognor Regis YC, Arun YC, Arun Youth Aqua Centre and Felpham SC are amongst no fewer than 230 clubs, centres and organisations nationwide taking part in Push The Boat Out.

Booking is essential for some of the activities, and more Push The Boat out events are being registered all the time.

Andy Hooper, RYA Regional Development Officer for the South East, said: "All of our clubs and centres in West Sussex run accessible, affordable and inclusive activities for all, regardless of age, gender, background or experience.

"These events are an incredible opportunity for local people in West Sussex to discover what sailing and sailing clubs are really like, and enjoy a fantastic, social outdoor sport where everyday life really does get left on the shore."

Refreshments will be available and a warm welcome is guaranteed as BBQs and other social activities also take place to give newcomers a real sense of each club. All you need for any of the Open Days or 'have a go' sessions are a change of clothes, soft soled shoes and a towel and the clubs/centres will provide what else you need.

RYA Push the Boat Out is part of National Watersports Month this month. To find your nearest event, and to discover exactly what's happening and when the fun starts, visit www.rya.org.uk/go/ptbo

Join us for a Night at the Museum

BE AMONG the lucky few to spend a Night at the Museum at The Novium in Chichester!

Families are invited to bring their sleeping bags in an exciting sleepover at the museum on Friday 10 May.

As the doors close and the lights dim, visitors will take part in torch lit treasure hunt throughout the museum. There will be craft activities to make and take home and games with prizes.

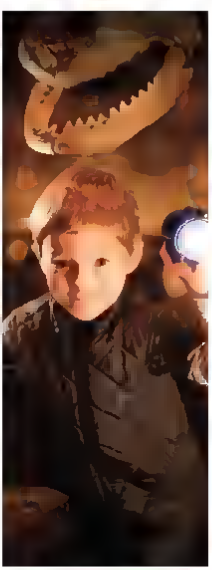
Find out about how the Romans used the bath house and wear some replica Roman armour, explore the new World War 1 exhibition or check out the city's old stocks and jail door.

As the night comes to a magical close settle down next to a Roman gravestone or a skeleton and fall asleep in the darkened halls of the museum.

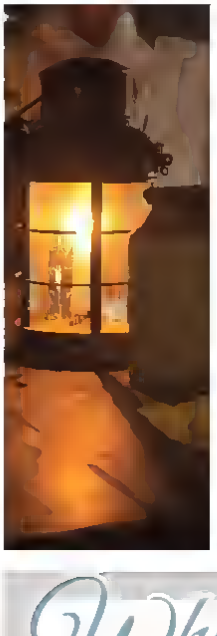
Two further sleepovers are also planned on Friday 22 August and Friday 31 October.

Councillor Myles Cullen, Chichester District Council's Cabinet Member for Commercial Services, says: "This is a really interesting event. It will be a unique opportunity to see the museum when the public don't normally get to be there – at night. It really will give visitors the chance to discover how different things feel in the museum at night."

Space is limited and dates are selling out quickly. For more information and tickets please call The Novium on 01243 775888, email at thenovium@chichester.gov.uk or visit www.thenovium.org



Discover the magic of the Weald & Downland Open Air Museum at night



FOLLOWING last year's success, the Weald & Downland Open Air Museum will be participating in the National Museums at Night event for a second year running.

The Museum will be opening its doors on Friday 16 May and Saturday 17 May, from 9.00pm – 11.00pm for booked visitors. The event takes the form of a guided walk through the Museum stopping at some of the houses to discover what the hours of dusk and darkness meant to the people who lived there in the past. Discover who would be out after dark, what they would be doing and how they lit their homes, kept warm and made their tea.

During the hours of dusk and darkness visitors can enjoy a summer evening at the Museum's stunning location which is situated in the heart of the South Downs National Park. Each house will have crackling open fires and will be authentically illuminated. If it is a clear night visitors will be treated to a glorious red sunset and some wonderful wildlife including owls and bats. Hot drinks will be served at the end of the evening.

Richard Pailthorpe, Museum Director commented: "The Museum is a magical place at dusk and during darkness – it gives visitors a unique experience. Today we are so accustomed to our homes being lit up, that it is difficult to imagine how our ancestors lived with only a candle or rush light for seeing in the dark."

To avoid disappointment early booking is strongly recommended. Tickets cost £15 each and can be purchased in the Museum shop or booked by phone: 01243 811021 or 01243 811931.

Museums at Night is the annual after-hours celebration of arts, culture and heritage when hundreds of Museums, galleries, libraries, archives and heritage sites open their doors for special evening events. It is coordinated by Culture24, and takes place over the weekend of Friday 16 and Saturday 17 May 2014. For further information visit www.museumsatnight.org.uk

Planetarium Shows and Dates: May 2014
Friday 09 - 7.30pm - Saturn, Lord of the Rings
Sunday 11 - 3.30pm - Springtime Stars, Moon and Planets
Friday 16 - 7.30pm - Destination Mars, the Red Planet
Sunday 18 - 3.30pm - Southern Stars, Nearby Galaxies
Friday 23 - 7.30pm - Springtime Stars and Galaxies
Monday 26 - 1.30pm - Seven Wonders of the Solar System
Monday 26 - 3.30pm - Saturn, Lord of the Rings
Friday 30 - 7.30pm - Springtime Stars
Sunday JUNE 01 - 3.30pm - Prepare for
Tickets: Adults £6.00, Children £5.00
Tickets are available in cakes at the
The Novium, Tower Street, Chichester.
Alternatively, please phone 01243 774400 or
ticket hotline 0845 277292 to reserve your tickets.
Payment by cash or cheque only, on the day.
A map showing our location can be found at: www.weaandownlands.org.uk

Sky Diary May 2014

By Peter Littlejohns

A good vantage point is needed when Mercury makes an appearance in the middle two weeks of May as it will be low in the NW just after sunset.

In the opposite direction Venus rises about an hour before dawn in the E mid-month but is close to the horizon and also not easy to see.

Mars is now prominent in the SE in the constellation of Virgo and dimming slightly as it slowly moves away from the Earth. The red planet is only about half the size of the Earth and does not always give up its details easily. Sometimes it is possible to see the icy polar caps and other times dense dust storms will obscure the surface details.

Jupiter, which is now setting around midnight, is still very bright in the W with the crescent Moon close by on the 4th.

The ringed planet Saturn is now visible all night in Libra and makes a lovely sight on the 14th when the Moon will pass by only 1 degree away.

A meteor shower from Aquarius, low in the NE reaches its peak on the 5th with up to 35 shooting stars an hour as the Earth travels through the tail remnants of Halley's Comet.

It is also possible that we could add a new meteor shower to our regular displays. This one originates from comet 209P/Linear on 24 May from Camelopardalis in the N N W with up to 100 shooting stars an hour at its peak.

What's On in your local area...

• A 'Family and Local History Day' on Sat May 17th at The Fishbourne Centre, Blackboy Lane, Fishbourne is being hosted by the Sussex Family History Group, Western Sussex and eastern Hampshire Family History societies, Record Offices, Local History societies and trade stalls will attend. Family history research advice will be provided by the friendly & helpful experts from the Sussex Family History Group who can help you start or progress your family history. There will also be a 'How to Start' display. The event runs from 10 am until 4 pm. Entry is free and parking is available. Refreshments are available.

• Wednesday 28th of May the Chichester and District Archeology Society will be holding their annual open evening. They'll be giving some short presentations on work they've been involved in over the past twelve months. Not sure about a hobby in archaeology? Come along to The New Park Centre in Chichester and see what they get up to. Admission Free. Doors open at 7pm, presentations start at 7.30pm. All welcome.

• Chichester Art Society has two new workshops coming up at Kassel Shippam Centre, Tozer Way, St Pancras (parking and easy access). They both run from 10am to 3pm and are open to non-members at £30 each. On Thursday May 29th popular Chichester printmaker Will Dyke will be running a workshop on "Multicolour Prints by Reduction" in which you can learn how to create your own colour prints by cutting and printing from a lino block. Your design will be based on your own choice of subject matter. Will provides all the necessary tools and materials. On Thursday June 12th local artist Lyn Marie Whiteman tutors a confidence-building workshop 'They said I was Rubbish at Art." She will encourage you to boldly try acrylics, inks, watercolour and Brusho and complete two pieces of work that will restore your confidence in your abilities. For more information or to book places contact the Secretary on 01243 602360 or email jean campbell@zen.co.uk

• The Aldingbourne Trust is holding Charity Golf Day at the Chichester Golf Club, Hunston on Friday 23rd May. Come and tee-off in aid of this local West Sussex Charity that supports adults with learning disabilities. There is a fantastic £2,500 prize up for grabs for anyone who gets a Hole in One. The competition is 4 ball betterball and for just £45 or £20 for Chichester club members you can enjoy a round of golf, a light lunch on arrival and a buffet supper. Prizes will be given out for the longest drive and the nearest pin. A raffle will also be held on the day. Tee off starts from midday and the course take approximately 4 ½ hours to complete. For more details and to sign up to play please contact Abigail Rowe on abigailr@aldingbournetrust.co.uk or call 01243 544407.

• Taste – Artisan Food Festival, Oaklands Park, Chichester 14th & 15th June 2014 from 10am – 6pm. FREE ENRTY. If you love great, local food then taste is for you! Over the weekend there will be 80 Artisan food stalls preparing delicious local food to sample and buy – everything is locally made, grown or produced and offers something really unique to try. We have a vintage & nostalgia area, with a quintessentially English tea room serving traditional cakes and tea from china cups; a Festival Bar with local real ales, cider and wine and plenty of local entertainment throughout the weekend. And for the kids – we have face painting, a bouncy castle, fun run and cookery classes! Please call 01243 839316 or go to our website www.tastefestival.net for further details.

• Concorde is a social club which provides friendship and companionship for single people.

It is not a dating club but any members who form relationships or marry remain members.

It meets every Tuesday at the Walnut Tree Runcton, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesingles.clubs.org.uk or phone 01243 575083 or 01243 604715.

• The tenth annual Fishbourne Flat Five will take place on Sunday 1 June. This hugely popular event will see over, be a 5-mile run/walk following the traditional course around the harbour. We will meet at the Fishbourne Centre at 09.45am with the event starting at 10.00am.

Entry forms and further details will shortly be available from the website www.fishbourneflatfive.co.uk or at Fishbourne Primary School, the Fishbourne Centre, Becke Lou and the Westgate Centre or please contact Su Leeming on 01243774311.

If you would like a non profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and it cannot be taken as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Coca-Cola to remove controversial drinks ingredient

THE WORLD'S largest beverage-maker, Coca-Cola, plans to remove a controversial ingredient from some of its drinks brands by the end of this year, following an online petition.

Brominated vegetable oil, or BVO, is found in Coca-Cola fruit and sports drinks such as Fanta and Powerade.

An element of the additive, also found in flame retardants, could have negative health effects, activists say.

Rival Pepsi removed the chemical from its Gatorade sports drink last year.

A Pepsi spokesman said it also had wider plans to stop using BVO and had "been actively working to remove it from the rest of our product portfolio".

Pepsi uses the ingredient in its Mountain Dew and Amp Energy drinks sold in the US.

Coca-Cola spokesman Josh Gold stressed the move to remove BVO was not an issue of safety.

"All of our beverages, including those with BVO, are safe and always have been – and comply with all regulations in the countries where they are sold," he said in a statement.

"The safety and quality of our products is our highest priority."

BVO has been used as a stabiliser in fruit-flavoured drinks as it helps to prevent ingredients from separating.

The health concerns stem from the fact BVO contains bromide, which is found in brominated flame retardants.

According to medical researchers at the Mayo Clinic, excessive consumption of soft drinks containing BVO has been linked to negative health effects, including reports of memory loss and skin and nerve problems.

BVO was dropped from the US Food and Drug Administration's 'Generally Recognized as Safe' list of food ingredients in 1970.

However, drinks companies are allowed to use BVO at up to 15 parts per million.

In Japan and the European Union, the use of BVO as a food additive is not allowed.

Coca-Cola said it would switch to using sucrose acetate isobutyrate or glycerol ester of rosin, which is commonly found in chewing gum.

The Atlanta-based company said two flavours of its Powerade sports drink – fruit punch and strawberry lemonade – have already replaced BVO with glycerol ester of rosin.

Coca-Cola's decision to remove BVO from its drink reflects a growing move among companies to reconsider certain practices due to public pressure.

The campaign against the use of BVO was begun by Sarah Kavanagh, a teenager from Mississippi, who questioned why the ingredient was being used in drinks targeted at health-conscious athletes.

Thousands of people have since signed her online petition on Change.org to have BVO removed from drinks.

Following Monday's announcement by Coca-Cola and Pepsi, Ms Kavanagh was quoted as saying: "It's really good to know that companies, especially big companies, are listening to consumers."

Poll suggests less sugar is needed

TWO THIRDS of people support a ban on sugary drinks in all UK schools and academies, suggests a national poll.

The Populus poll of 1,000 adults in Britain also found more than four out of 10 people would support a tax on sugary drinks.

And 59% said warnings on packaging – similar to those on cigarettes – would encourage them to eat more healthily.

Sugar industry representatives said demonising sugar was too "simplistic".

The poll – which was carried out for BBC 5Live's Richard Bacon programme – suggests a majority of people in the UK take a harder line on sugary foods and drinks in schools than government policy, which bans the sale of fizzy drinks, crisps and sweets in local authority-run schools, but leaves the decision of whether children can bring them into schools up to head teachers.

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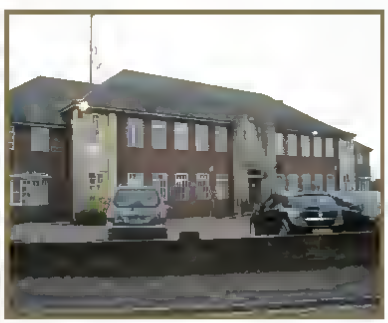
Chichester Herald in partnership with [illegible] fabulous meal for two people [illegible]
The Chichester Herald will be running a competition sponsored by [illegible] every week where [illegible]
For your chance to win this week please answer the following question:
Can you guess where this picture was taken within the Chichester area?
For your chance to win this weeks competition email your answer name address and contact number to news@theshiphotel.net
North Street Chichester West Sussex PO19 1NH
Tel +44 (0)1243 778000 Email enquiries@theshiphotel.net
Entries close on Wednesday 14 May 2014 at [illegible] The competition is for one winner who wins a 3 course meal for two from the Fine Dine menu There is no cash alternative A winner will be announced by Murrays every Wednesday Entry details may be kept on file Last week's answer was: Chichester Fire Station

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Travel

Could six-week summer break be scrapped?

HEAD TEACHERS are to investigate the benefits of scrapping the six-week summer holidays.

Proposals to spread holidays more evenly through the year were discussed at the NAHT union conference.

Its leader Russell Hobby questioned whether the current 13-week term structure was healthy for staff, arguing changing it could reduce stress and cut holiday prices for families.

But head teachers wanted more evidence of the benefits of such changes.

The government gave academies and free schools in England permission to vary term times earlier this academic year.

This is due to be extended to all state schools next September.

Support from head teachers means schools would be more likely to make changes to term times.

The move also comes after Education Secretary Michael Gove toughened up rules on parents taking their children out of schools at term times for family holidays.

Now this is only allowed in exceptional circumstances with many parents complaining they face high prices for holidays in peak season.

Mr Hobby said: "One of the things that I'm concerned about is whether the current structure of holidays is also healthy for the people who work in schools as well.

"It seems like, at the end of term, everyone is ready to drop and that actually, not reducing the amount of holiday but distributing it more evenly across the year might be one solution to that."

He added: "However, we don't have any particular liking for every school going its own way.

"We would like to see local or regional co-ordination, but at that point you could also have the opportunity to have a staggering of holidays around the country.

"So if different parts of the country within local authority boundaries or regional boundaries had slightly different holiday times I think that would ease the pressure on the prices of holidays as well."

He said the change would take away some of the excuses that both parents and teachers made about missing school days.

Mr Hobby was talking at his association's annual conference in Birmingham, where an "education manifesto" of proposals for the next General Election was adopted.

A draft version said: "We propose more frequent, shorter holidays (adding up to the same overall number), staggered across the country on a regional basis to reduce the holiday price premium."

But this will now be qualified by a proper study into the benefits of the changes and the impact on children's learning.

The document also calls for disadvantaged pupils to be allowed to jump school admissions queues. Under the plans they would be given priority over other potential pupils by virtue of being on a very low income or benefits.

If adopted by political parties it could lead to a major change in school admissions and may radically alter the character of some schools.

The thinking behind it is that presently many disadvantaged families are effectively priced out of the catchment areas of good schools by high house prices. This means it is harder for poorer children to attend the better schools.

Mr Hobby says: "Looked after children currently get priority in admissions.

"What if we extended this right to all children on free school meals, who could automatically go to the head of the admissions queue for any school their parents chose?

"At a stroke, this would limit the house price barrier to good schools and secure more firmly the comprehensive principle of education."

The NAHT resolved to carry out an impact assessment of the policy before presenting the arguments before the main political parties.

A Department for Education spokesperson said: "More parents and children have the choice of a good school place thanks to our reforms – the number of children in failing secondary schools has fallen by a quarter of a million since 2010.

"Academies and free schools can already give priority to those children eligible for the pupil premium while maintained schools are able to apply to the secretary of state to do the same.

"The new admissions code is clear that all school places should be allocated in a fair and transparent way."

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Red Foods: The new health powerhouses?

Denise Kelly

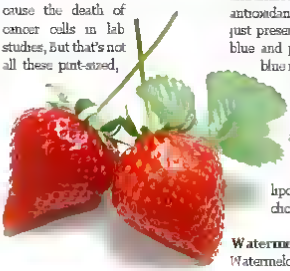
Naturopath c
and herap st

Red is one of my all time favourite colours To me it represents fire, power and strength, so wear it, eat it, and love it! From strawberries to beets, red fruits and vegetables pack a vibrant nutritional punch

So, are you getting enough of the red ones?

There are many red fruits and vegetables to choose from and they each bring something a little bit different to the table Many red fruits and veggies are loaded with powerful, healthy antioxidants such as lycopene and anthocyanins that may do everything from fight heart disease and prostate cancer to decrease the risk for stroke and macular degeneration (the leading cause of blindness in people aged 60 and older) Antioxidants soak up damaging free radicals

Strawberries – Benefits They are a good source of folate, which helps heart health and is helpful for women in their childbearing years Folic acid is known to decrease the risk of certain birth defects called neural tube defects Strawberries are also a good source of the antioxidant powerhouse vitamin C, which boosts immune system function among other things.



Cranberries – Benefits Cranberries have been shown to cause the death of cancer cells in lab studies, But that's not all these pint-sized, maroon-colored berries can do. Cranberries also can stop bacteria from sticking to the urinary tract walls and may even prevent *H pylori*, the bacteria responsible for many stomach ulcers, from sticking to the stomach walls and causing ulcers The nutrients responsible for this anti sticking mechanism are called proanthocyanidins Cranberries are also rich in vitamin C

Beets – Benefits A root vegetable beets are rich in folate, lycopene, and anthocyanins Another powerful antioxidant, anthocyanins are not just present in red foods, but also blue and purple foods as red and blue makes purple

Raspberries – Benefits Raspberries are high in fiber, which we know helps lower levels of low-density lipoprotein (LDL) or 'bad' cholesterol

Watermelon – Benefits Watermelon is a great source of lycopene lycopene may decrease the risk of heart disease by decreasing LDL cholesterol And it decreases the risk for certain cancers, primarily prostate, as well as the risk of macular degeneration It also improves blood vessel function and lowers stroke risk.

Pink Grapefruit – Benefits You want to go for colour when you choose grapefruit, because pink grapefruit has higher levels of antioxidants, such as vitamin C It's also a good source of pectin, which helps lower cholesterol. If the choice is between red and white grapefruit, go red because pink or red grapefruit is rich in lycopene and white grapefruit is not.

Red Pepper – Benefits Red pepper is a phenomenal source of vitamin A, which helps with skin, bones, and teeth And most people don't realize that they have as much vitamin C as an orange

Try filling your life with red this week!

Red Energy

Red is associated with fiery heat and warmth and can also mean danger Red is the colour of blood, and has strong symbolism of life and vitality It brings focus to the essence of life and living with emphasis on survival Red is also the colour of pass on and lust Put some red in your life when you want:

- Increased enthusiasm and interest
- Have more energy
- Increase action and confidence to go after your dreams
- Create protection from fears and anxieties

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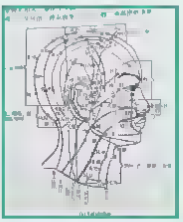

Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK) He has been practising his profession over 18 years and has his own clinic in Chichester town centre

Dr Feng Wang has been practising acupuncture and allied holistic therapies in London Portmouth and Chichester for over 5 years Prior to this, having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years.

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Oh no! Sad dad style is back in fashion...

THE "SAD DAD" look of pairing sandals with socks is set to take Britain by storm this summer.

Worse still, thousands of men are set to top it off with Hawaiian shirts, with the rule of thumb being "the louder the better".

Debenhams says sales of socks and sandals have rocketed by 68 per cent compared with this time last year.

The trend may partly be thanks to Hollywood actor Bruce Willis, 59, who sported the look while out walking with his daughter Mabel last week.

The Die Hard star combined it with a check shirt, white top and blue jeans while out and about in Los Angeles.

Sales of brightly-coloured Hawaiian shirts have also soared by 72 per cent since the beginning of last summer, Debenhams says.

It reckons middle-aged men are turning to comfort rather than trying to be fashionable.

Store stylist Alam Mehada said: "We didn't see it coming, but we should have done as there are fewer things more comfy than a solid sandal and soft pair of socks to stop them rubbing on bare skin.

"As for the shirts, who can resist a smile when someone walks past in a garishly bright short-sleeved top? It reminds people of holidays."

Now a version of the look has become high fashion on the catwalk.

Celebrities jumping on the bandwagon include David Beckham, rap star Puff Daddy and actor Jake Gyllenhaal, while DJ Fearne Cotton and singer Rita Ora are women wearing pastel or printed socks and metallic sandals.

Mr Mehada said: "They reflect the catwalk style as seen in runway shows."

38 per cent of people see putting money into an ISA each month as a 'necessity'

WITH THE NEW ISA rules coming into effect in less than two months' new research has revealed a staggering lack of understanding around tax free saving and investments, with nearly half (48 per cent) of people across the country unsure as to the difference between a cash ISA and a stocks and shares ISA. This lack of understanding could be costing savers as much as £1,278 in total (1).

The findings were part of the 'Disposable Income Index', a report commissioned by UK mutual life and investments organisation, Scottish Friendly. The study examined people's attitude towards saving and investing and revealed that around one in four Brits are currently putting aside over £100 each month. In addition, it also revealed that people saw ISAs as a vital savings vehicle, with 38 per cent saying that they see putting money into an ISA each month as a 'necessity'.

However, with the report also highlighting widespread misunderstanding about the difference in ISAs, Scottish Friendly is concerned that when the new rules come into effect on 1st July, people will invest their full allowance into low rate cash ISAs rather than exploring an investment ISA which could potentially provide more lucrative returns.

Neil Lovatt, director of ISA and Savings at Scottish Friendly, comments: "People will naturally sway towards a cash ISA as it is the simplest to understand and there are a number of misconceptions floating around about what it means to invest in a stocks and shares ISA.

"With most cash ISAs currently offering poor returns, one thing that may be holding people back is a lack of understanding about how investment ISAs work.

'Inflation in April fell to a five-year low of 1.6 per cent, but currently no instant access cash ISAs offer better than inflation rates (2). This means that on average a sum of £1,000 invested five years ago in a tax-free deposit account would be worth just £1,007.09 today. This compares to an average return on a UK All-companies investment ISA which could have returned £2,280.42 (3).

"One mistaken belief that came through in the report is that people thought that investment ISAs were only for those that were putting aside significant amounts of money each month. This misconception has alienated a significant portion of savers. The reality is that people can open an investment ISA by paying as little as £10 a month and, as we all know, every little counts."

The next 'must have' from the Beckham 'look'

VICTORIA Beckham has proved her off-duty style is in the same league as her red carpet picks, swapping her stunning sartorial frock from the Met Ball earlier this week for a cool collared t-shirt and jeans in New York.

A far cry from the crisp white dress she wore from her eponymous collection at the Gala on Tuesday night, the sleek mother-of four opted for a pair of charcoal grey distressed drainpipes and a ribbed khaki tee.

Injecting pops of colour into her casual combo, the fashion designer's striped top featured a welcome hit of vibrancy with its strips of zingy lemon and tangerine, ensuring her effortlessly edgy outfit had a spring feel.

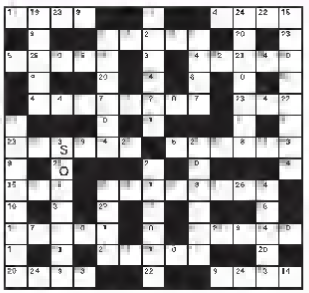
But even Vb's street style has to have her signature stamp of glamour.

Amping up the coveted pieces from her fashion fab wardrobe, she teamed her ripped skinnies with sky high suede boots, a glossy mane of tousled hair, A list shades and a statement bag sporting her hot accessory of the moment – the gold chain.

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.

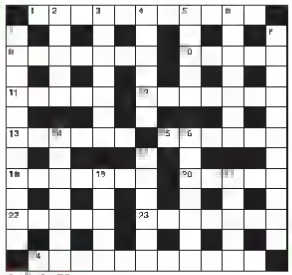


Last week's solutions

O	M	D	F	A	H	Y	R	L	K	P	Q	E	
U	C	I	G	B	X	T	Z	S	W	J	N	V	

Double Crossword

Choose either quick or cryptic clues.



Cryptic Clues:

Across

1. Didn't succeed in crossing the ice? (4,7)
6. Lets hit out at a symbol of Scotland (7)
10. Engagement ring learn one who will care naturally (5)
11. Such zest is nothing more than wind! (5)
12. His chains will get cross (7)
13. Feel in form like a cat (6)
15. Five have a good look round but go hungry (6)
18. Supervise the making of some plain spectacles (7)
20. Pole on the run (5)
22. I get shot about in the lift (5)
23. It has wings and flies (7)
24. You can get away with it (6,5)

Down

2. Gives out the wrong times (5)
3. Drop in disappointment (3-4)
4. Carried out shoe repairs as listed (6)
5. Gives people your address? (5)
8. Bigger and better (7)
7. Dramatic attack of nerves (5,6)
8. It's fine when we get it! (4,7)
14. A fool tells files about girls (7)
16. One of the main dangers of war (7)
17. Representation of autumn formation (6)
19. More for the bet player (5)
21. Just the group to play an eighteenth reel? (5)

Quick Clues:

Across

1. Surroundings (11)
9. Distinguishes (7)
10. Rascal (5)
11. Sing to bear (5)
12. Congeals (7)
13. Interment (5)
15. Reviewer (6)
18. Increase (7)
20. Talisman (5)
22. Punctuation mark (5)
23. England, Scotland and Wales (7)
24. Previous history (5)

Down

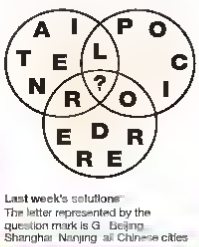
2. Sound (5)
3. Sloth (7)
4. Light science (5)
5. Imbecile (5)
6. Disregard (7)
7. Similarity (11)
8. Substitute (11)
14. Diet (7)
16. Accept (7)
17. Firm (6)
19. Dodge (5)
21. Fit (5)

Last week's solutions

CRYPTIC Across 1 Fairness 5 Diva, 8 Lamp 10 Calendar 11 Lynx; 12 Lassie 13 Blatant 15 Bans 18 Stump out 19 Here 20 Eros on 21 Orb's 22 Toys 23 Prestige Down, 2 Annalyst; 3 Repriat; 4 Scarlet runner 6 Indians 7 Arrests 8 Meinc 13 Suspect 14 Anatomy 15 Impair 17 Inherit 17 Nursing QUICK Across 1 Attribs 5 Owns 8 Hrag 10 Ashes vs 11 Hasty 12 Sleeper 13 Sooner or later 18 Restrain, 19 Vcar 20 Oh ann 21 Droop 22 N gh 23 Answered Down 2 Tomato 3 Lighten, 4 Indignation 6 Whipset, 7 Shearer 9 Reveal 13 Sarseen 14 Dusting 15 Errand, 16 Adverse; 17 Endcase

Circlegram

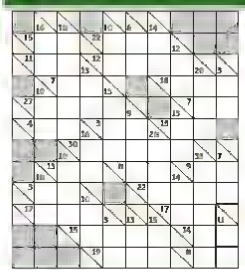
Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions

The letter represented by the question mark is G. Beijing Shanghai Nanjing all Chinese cities

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions

Scribble pad

Words mare

D	R	D
P	C	T
E	E	I

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in s are permitted. There is one 9-letter word to be found.

How you rate

15 words - average,
25 words - good,
35 words - very good,
40 or more - excellent.

Last week's solutions

aerate, aerates, arcs, ares, arsed, aster, asters, cast, caste, caster, caters, cedar, cedars, cedarse, cedarsed, cedarsing, cedarsings, cedarsings, cedarsings

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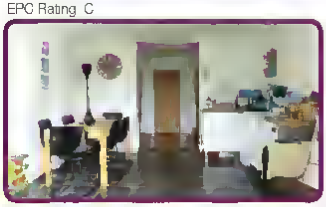
PAGHAM **£390,000**

An interesting and unusual attached property situated in a semi rural location approx half a mile to the North of shops at Rose Green and Nyetimber The specification includes ground floor family room ground floor master bedroom with en suite shower room. two further ground floor bedrooms bathroom bright and spacious first floor living room, kitchen and sitting room with rural views South facing garden and parking for approx four vehicles EPC Rating C



CRAIGWEIL PRIVATE ESTATE **£850,000**

Well presented modern detached house situated in private marine estate around 200 yards from the beach Large South facing lounge spacious dining room versatile dual aspect study kit/breakfast room, utility room an unusual curved staircase and landing master bedroom with en suite bathroom and balcony three further bedrooms family bathroom detached double garage and gardens including a South facing rear EPC Rating D

ALDWICK **£850,000**

Detached house situated on the beach front of the Aldwick Avenue private marine estate The enviable location allows panoramic sea views from many of the principal rooms and direct access to the beach from the rear garden This well presented property includes a fa... u P V C dglazing cloakroom, sitting room morning room dining room study kitchen/breakfast room utility area, master bedroom with balcony & en suite bathroom 3 further bedrooms second bathroom double garage courtyard front garden with parking for additional vehicles & a South facing rear garden EPC RATING D

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marina estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation G.F.H. u.P.V.C. double glazing facias & soffits cavity wall insulation, cloakrm, lounge dining rm sitting rm kit/breakfast rm, master bedrm with en suite bathrm four further bedrms, second bathrm shower rm balcony integral garage and gardens including a secluded courtyard garden with heated swimming pool EPC rating is D

ALDWICK **£650,000**

A Character house situated on a corner plot The specification of this well presented property includes g f h., dble glazing dual aspect lounge and sep dining room, kitchen/breakfast room with conservatory extension utility room master bedroom with en suite shower room four further bedrooms family bathroom separate w c garage and good size gardens EPC Rating F

ALDWICK **£595,000**

An unusual detached property situated in a secluded position within 200 yards of the private beach The very well presented property includes a spacious entrance hall cloakrm a living rm good sized conservatory/d n rm kit/breakfast rm utility rm gr fl bedrm with en suite bathrm further gr fl bedrm/study first floor bedrm with en suite shower rm family bathrm detached dble garage with study/office over secluded Southerly gardens EPC Rating C

NYETIMBER **£320,000**

Detached two/three bedroom cottage situated within half a mile of shopping amenities and the beach The property would benefit from a programme of remodernisation Dual aspect lounge dual aspect dining room refitted kitchen/breakfast room ground floor bedroom/study two first floor bedrooms a bathroom, detached garage and well screened gardens to front and rear EPC Rating D

Motors

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Skoda voted top manufacturer in Britain's biggest car satisfaction survey

MOTORISTS have voted Skoda as the best car maker in Britain in the 2014 Auto Express Driver Power owner satisfaction survey.

The survey, run by Britain's biggest-selling weekly motoring magazine Auto Express, covers the issues that really matter to motorists, with drivers rating their cars and the makers behind them. This year, Driver Power received over 50,000 responses, making it the most significant survey of its kind in the UK. The survey ranks cars in 10 categories – reliability, build quality, running costs, ease of driving, performance, ride quality, road handling, seat comfort, practicality and in-car tech – and the makers' chart takes all a brand's models into account.

And after losing its number one position to Lexus in 2013, Skoda has reclaimed its place as Britain's best car maker. Owners expressed their delight with the Czech brand's cars, with the company gaining a rating of 89.75 per cent for overall satisfaction.

Steve Fowler, editor-in-chief of Auto Express, said: "With overall percentage ratings up since 2013, this is a really good win for Skoda. The brand has concentrated on affordability, which is key to its success. It came top for running costs overall, and within this it was the best-placed company for fuel economy and servicing costs. It was also rated the best car maker for practicality. With readers voting the Yeti, Citigo and Superb their top three cars, 2014 really has been a vintage year for Skoda."

British brands fared well, with Jaguar second and MG third, with scores of 89.34 per cent and 88.98 per cent respectively. This tops off a superb return to Driver Power for MG, which also saw the MG 6 take sixth place in the model rundown as well as being crowned best-handling car.

Fowler added: "While some brands have exceeded expectations and scored highly for particular categories, MG has scored well across the board. It took second place in the handling section and third place for both ride quality and seat comfort. It's great to see British brands doing well."

There was also good news for French brand Peugeot, which jumped up 17 places to 14th in this year's chart, making it the most improved manufacturer. Peugeot really is on a roll, having launched some great cars in the past couple of years, and it's clear owners are really beginning to recognise this," said Fowler.

Full results of the Auto Express Driver Power 2014 survey are available in Auto Express magazine now and at www.autoexpress.co.uk/driverpower

Top 30 Manufacturers for 2014

1. Skoda
2. Jaguar
3. MG
4. Lexus
5. Dacia
6. Porsche
7. Kia
8. Mazda
9. Mercedes
10. BMW
11. Volvo
12. Audi
13. Honda
14. Peugeot
15. Renault
16. Subaru
17. Toyota
18. Hyundai
19. Volkswagen
20. Land Rover
21. Alfa Romeo
22. Nissan
23. Mitsubishi
24. Seat
25. Ford
26. Citroen
27. Fiat
28. Jeep
29. Vauxhall
30. Mini

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Sport

Sailing

Itchenor Sailing Club member qualifies for Germany World Championships

AN ITCHENOR Sailing Club member qualified last week to compete for the 420 Worlds in Germany in July. Jo Kalderon and her crewmate Midge Watkins (PYC) finished in the top seven all girl boats over a championship of 20 races at three venues across a wide range of conditions.

In total 35 boats from the 420 fleet entered the qualifying series, including three more Itchenor boats Joanna and Midge finished 17th overall, Issy Davies and Gemma Keers 23rd, Katie Davies and Grace Summers 25th and Lucy Mellors and Esme Jones 27th.

The RYA Youth National Championships was held at the Weymouth and Portland National Sailing Academy on April 14th – 18th. It was the final event from which the British 420 Class selected the teams to represent GBR at the 420 Open and Ladies World Championships in Travemunde, Germany in July and at the 420 Junior European Championships in Gdynia, Poland in August.

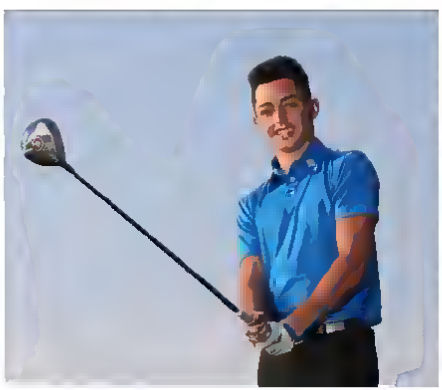
Each year the class selects its top seven boys or mixed boats and top seven all girl boats to represent GBR at the Ladies and Open World Championships, and the top seven boats overall with age and gender criteria for the Junior Europeans Championships.

The selection process for this year was based on the results from the Class Winter Championships at Pwllheli Sailing Club, the Spring Championships at Hayling Island Sailing Club and the RYA Youth National Championships at WPNSA.

The 420 World and Ladies World Championships, where Jo and Midge will be competing, are taking place from 25 July – 3 August at the Lubecker Yacht Club.

Golf

Penge wins Fairhaven Trophy



Penge was in fine form

GOLF AT GOODWOOD'S Marco Penge made golfing history over the weekend becoming the first player to win back to back in the prestigious Fairhaven Trophy. The accomplished 15 year old was in commanding form recording rounds of 69,70, 70 with a final round of 72 to win the event by an impressive seven shot margin.

Marco won the title last year in a four hole play-off but this year hit brilliant form to lead all the way and improve by seven shots on his 2013 four round winning total.

Marco said after his victory: "I struck the ball really well all four rounds and avoided any costly errors. I didn't worry about anyone else but just concentrated on my own game and score. Last year going into the last round I was six shots behind the leader so going into the final 18 holes this year I knew a seven shot lead was not a guaranteed win".

Last year Marco was the youngest player to have ever won the tournament and this year he equalled the best aggregate score of the tournament's history.

This week he heads to Ireland for the Irish Amateur Open Championship at Royal Dublin Golf Club from May 8th-11th. This 72 hole event has a history stretching back more than 120 years and past winners include three time major winner Padraig Harrington and former Open Champion Louis Oosthuizen.

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	38	96
2	EAST GRINSTEAD TOWN	38	79
3	LITTLEHAMPTON TOWN	38	77
4	HORSHAM YMCA	38	70
5	CROWBOROUGH ATHLETIC	38	7R
6	HASSOCKS	38	60
7	PAGHAM	38	58
8	DORKING WANDERERS	38	55
9	RINGMER	38	53
10	ST FRANCIS RANGERS	38	51
11	CHICHESTER CITY	38	51
12	ARUNDEL	38	50
13	NEWHAVEN	38	49
14	SHOREHAM	38	44
15	LINGFIELD	38	42
16	HAILSHAM TOWN	38	42
17	SELSEY	38	41
18	LANCING	38	*38
19	RYE UNITED	R	20
20	WORTHING UNITED	38	R

* 6 pts deducted due to ineligible player

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	32	74
2	BROADBRIDGE HEATH	32	72
3	LOXWOOD	32	70
4	LITTLE COMMON	32	61
5	HAYWARDS HEATH TOWN	32	56
6	WICK & RAINHAM UNITED	32	52
7	MILE OAK	32	*51
8	BEXHILL UNITED	32	45
9	WESTFIELD	32	*38
10	AFC UCKFIELD	32	38
11	STEYNING TOWN	32	36
12	OAKWOOD	32	36
13	SALTDEAN UNITED	32	33
14	MIDHURST & EASEBOURNE	32	26
15	STORRINGTON	32	20
16	RUSTINGTON	32	24
17	SEAFORD TOWN	32	17

* 1pt deducted - ineligible player

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	20	50
2	FERRING	20	41
3	ROFFEY	20	32
4	UCKFIELD TOWN	20	33
5	SIDLESHAM	20	30
6	IFIELD	20	29
7	HUNSTPIER POINT	20	26
8	CLYMPING	20	22
9	SOUTHWICK	20	20
10	ROTTINGDEAN VILLAGE	20	15
11	BILLINGSHURST	20	14

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